



ABOUT US



HOW WE CAN HELP



TRAINING PROGRAMS



AED / FIRST AID



FREE STUFF

## We're Committed to:

*Having an impact on sending workers home to their families safe and healthy at the end of each workday.*

*Protecting businesses from the risks associated with Workplace Safety and Health loss and liability.*

## We're Hiring!

*Safety Professional - Full Time*

*Safety Professional - Part Time  
(Contract)*

What would you do with your own personal Safety Professional? *(click below)*



**mySafetyAssistant.ca**

## NEW! Online Training

[Click Here for Current Training Programs and Dates](#)

1 Life Workplace Safety & Health, located in Winnipeg, Manitoba, provides a full compliment of Workplace Safety and Health training and consulting.

Reduce your risk with training and consulting by accredited professionals

Listen to a message from founder, Theo Kowalchuk to find out how you can receive FREE training!

**Click to Play**



Our Summer News Letter is available and includes serious incidents, alerts and tools you can use. Enter below to receive it and other special promotions.

### Contact Information

First Name \*

Last Name \*

Email \*

Company \*

Industry \*

### Miscellaneous

☐ Check here to receive our newsletter

Your privacy is important to us, your information will not be re-distributed.



**We Guarantee our work.**

If you are not completely satisfied, your training investment will be refunded **100%**.

*Theo Kowalchuk  
CRSP, President*

### What Our Clients Say:

*"We recognize the value that 1 Life Workplace Safety & Health Ltd. can bring our client's business. Sound workplace safety and health practices will result in improved insurance rates, fewer claims, more profitability and a happier workforce."*

- Ken Feasey, Senior Partner  
**Ranger Insurance Brokers**

*"Before meeting Theo, I didn't realize the seriousness and depth of workplace safety. Her company and passion are an asset to any business. I highly recommend any company to take the time to meet her and see what she can do for you to be a safer workplace."*

- Mike Gordon, Foreman,  
**Birchwood Honda Center**

*"Training like nothing like you have ever attended before. Interactive and full of information. There is no doubt they are passionate about what they do".*

- Amber Hagen, Assistant Controller,

with field experience who are  
passionate about your safety  
management success!

Eastside Industrial

New in 2010 is a selection of critical  
online training including Supervisor,  
Safety Committee, Orientation, WHMIS  
and Hazard Awareness

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DESIGNED &  
CREATED BY:  MODERN  
EARTH